NHS
University Hospitals
Coventry and Warwickshire
NHS Trust

Speech and Language Therapy

Puree diet

Why do you need a puree diet?

Your Speech and Language therapist has recommended that you have a puree diet due to difficulties with your chewing and/or swallowing. If you would like to discuss this in more detail, please contact your Speech and Language therapy team.

What is a pureed texture?

- It is usually eaten with a spoon
- It does **not** require chewing
- Has a smooth texture with no lumps
- Holds its shape on a spoon
- Falls off a spoon in a single spoonful when tilted
- Is **not** sticky
- Liquids (like sauces) must not separate from solids

Avoid foods that are:

- Hard, visible lumps, dry, tough, chewy, crispy or crunchy
- Sharp, spiky, crumbly or sticky
- Stringy or have skins, outer shells, husks, pips or seeds
- Contain bones or gristle
- Round or long in shape
- Have crusts formed during cooking

- Mixed consistency of food and fluid (such as soup with lumps, food with lots of sauce or gravy, cereal with milk).

Meal ideas

Breakfasts

- Ready Brek or other instant oat cereals, wheat biscuits soaked with milk and mixed into a smooth texture.
- Pureed scrambled eggs with extra milk and cheese
- Smooth, thick yoghurt or fromage frais
- Pureed stewed fruit

Main Meals

- Pureed meat or poultry with gravy or sauce and creamed potato
- Pureed and sieved curry or dahl served with ground rice or rice flour
- Pureed fish and potato pie, or pureed fish in white/cheese sauce with creamed potato
- Pureed vegetables such as cauliflower, broccoli, and carrots (add cooked potatoes and mix in cream cheese or melted hard cheese)
- Creamed potatoes or the inside of a jacket potato with smooth pate or cream cheese

Snacks/Puddings

- Mousse, Angel Delight or other instant whips
- Crème caramel (without sauce)
- Blancmange
- Liquidise sponge pudding or cake with thick sauce or custard

Tips for puree food preparation

When preparing pureed meals, try adding milk, cream, gravy or sauce to get the correct consistency and make sure that the nutritional value and taste is maintained. If possible, try and keep each blended food item separate on the plate, as this can be more appetising.

Meat, chicken and fish

- Steam or poach to keep the meat soft and tender
- Slow cook in a stew or casserole for added tenderness
- Remove any skin, bones or gristle before blending
- Use a liquidiser or food processor to blend thoroughly, adding extra liquids (as needed) to achieve the right consistency
- Pass through a sieve to make sure the food is completely smooth

Potato

- Boil until soft, then mash with milk and butter. Using a liquidiser, hand blender or potato ricer will help to make it smoother.
- Instant mashed potato is useful and can be used without being liquidised. Make this up with milk and butter to improve the nutritional content.

Vegetables

- Peel and remove any seeds before cooking
- Cook until very tender, drain and blend or mash until completely smooth
- For vegetables like potatoes, carrots, parsnips and squash, boil and then puree before serving.
- For peas and beans, cook, blend and then sieve to remove skins
- Add cream, cheese, butter or milk-based sauces to vegetables before blending to improve taste and texture.

Fruit

- Soft tinned fruits, such as peaches, pears and apricots can be pureed directly.
- Fresh fruit should be peeled, de-seeded and cooked before pureeing.
- Drain away any separated juice before serving.

If you have any questions or concerns regarding this leaflet please contact the UHCW Speech and Language therapy team: 024 7696 5709.

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